



# SMAC TALK

FEBRUARY 2024

## **IT'S FEBRUARY AND WE LOVE SWIMMING!**

February has arrived and it's still cold outside! SMAC is still crushing it and heating up in the pool! Many swimmers are competing in Championship meets at the end of February and some in High School meets! Stay tuned to see how they do!

## **THE COACHING CORNER**

Important topics the coaches want to discuss!

### **How to balance swimming with other activities:**

Many of your swimmers are multi-sport/activity participants and are still deciding what sport or activity they want to devote their time to. Many are also young and need to experiment and try out other sports to find out what they truly love! But, as kids get older, all activities and sports always become more demanding. Swimming is a unique sport in that there is no substitute for pool time and thus, skills learned can dissipate extremely quickly if not regularly practiced!

The best analogy would be running/doing drills in the soccer offseason will still yield positive results for that athlete when they return due to being able to practice those skills in a yard or field, which are more easily accessible than pools.

The coaches at SMAC always want to ensure that your swimmers accomplish everything they can, and learning to balance swimming with other things is something we are more than happy to discuss as sports seasons change.

It's not always easy to balance, but swimming one time a week for a few months vs. not swimming at all makes a **MASSIVE** difference when your swimmers return full time.

We coach because we love watching your swimmers improve and we love introducing the sport to new families because of everything the sport has taught and done for us! We just want to help your swimmers however we can even if it's a little less when they're participating in other activities!

## **FEBRUARY KEY DATES:**

**Sunday, 2/11-** NC AG Champs  
Registration deadline

**Wednesday, 2/14-** Valentine's Day!

**Thursday, 2/15-Sunday, 2/18:** NC Age Group Champs-*qualified athletes only*

**Saturday, 2/17:** SMAC Intrasquad meet  
9:30-11:00 am (all groups welcome)

**Sunday, 2/18-** NC Sr Champs  
Registration deadline

**Thursday, 2/22-Sunday, 2/25:** NC Sr Champs-*qualified athletes only*



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## ATHLETE SPOTLIGHT

### Annabel Lingle



This month, our athlete in the spotlight is Annabel Lingle. She joined SMAC last year and has been destroying her times at every single meet so far!

**Favorite Food:** Arroz con pollo

**Favorite Color:** Purple

**Favorite Activity Out of the Pool:** Doing arts and crafts

**Favorite Swim Event:** 100 Back

**Favorite SMAC Memory:** Watching her brother Laine accidentally swim the wrong race, but still dropped time!

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